



## Laurie Haszard is the May Employee of the Month



Congratulations to Laurie Haszard, RN in Building #5, for being selected as the LRC Employee of the Month for May 2010. Laurie has been employed at LRC since July 14, 2008. Since being hired, Laurie has proven herself to be a valuable employee. Her co-workers describe Laurie as being very caring in her role as a nurse. She always displays a caring attitude when interacting with the patients. Laurie uses her free time to play cards and games with the patients while engaging them in therapeutic interactions. She is open and honest with the patients, and they know they go to her to receive honest advice.

Laurie gives honest feedback to all patient questions. She is fair to everyone while helping to maintain safety on the unit for staff and patients alike. Laurie has been a role model for Building #5 patients with her honesty and her consistency.

Laurie helps on the unit as a nurse and a team player, and she also completes SSII duties when needed. Her teamwork attitude has been a big help when scheduling breaks, meals, and appointments. In general, Laurie's "team player" attitude helps get the work done on the unit! Laurie helps orient new nurses and is always willing to help others complete a task.

Congratulations again, Laurie, and thank you for all of your hard work!!

## Kudos .....

- ♦ ***Kudos to the LRC Grounds Department*** for the amazing hard work they continue to do to keep our grounds beautiful even while they are currently short-staffed.
- ♦ ***Kudos to Gayle Resh*** for organizing and overseeing Therapeutic Recreation group coverage while the Therapeutic Recreation Department is short on staff.
- ♦ ***Kudos again to Gayle Resh*** for the work she did to coordinate the Arbor Day ceremony on April 29, especially the work she did to line up the guest speaker!
- ♦ ***Kudos to Building #5 staff*** who continue to have low numbers of seclusion and restraint incidents!
- ♦ ***Kudos to the following employees who have been nominated by their co-workers for an employee of the month award:***  
*Lori Wieneke, David Fricke, Matt Stad-*
- nick, Lindsay Wright, Manual Gamez, Ed Uhart, Sheryl Olson, Tanner Mitten, Ryan Beiermann, and Amanda Vinson!*  
Your nominations will be active for six months!
- ♦ ***Kudos to the Diversity Committee*** for putting on a great Cinco de Mayo celebration (see pictures on pages 10 & 11).



### Mission, Vision and Principles of Care

For the last couple of months, I have been talking about revitalizing our plan of care or the way we get people well. In March, I told you that we know that peer to peer abuse and restraint and seclusion are directly tied to active treatment. The better the active treatment, the less restraint and seclusion we should have. Even though we passed a CMS B-Tag survey on active treatment last September, we have room for improvement. We have enlisted the services of Dr. Richard Fields to help us take our active treatment efforts to the next level. You may remember that Dr. Fields worked with us a couple of years ago to address issues raised in surveys by CMS and the Joint Commission. While there is nothing wrong with our active treatment protocols, we have to ask ourselves, can we do better. Dr. Fields returned in March to continue to work with us to enhance our active treatment. During his visit we discovered that we need to expand our thinking beyond the nuts and bolts of what active treatment is, to what the focus of our patient care should be in the future. This is a far more reaching undertaking. We need to rethink the role of the patient in their care and how all of the different disciplines contribute to that experience. We need to have a more patient center focus in our approach to treatment. This process will involve an assessment of our current practices, the identification of desired improvements and the development of measurements to gauge the improvement in what we do. This is a classic continuous quality improvement endeavor that will elevate what we do at LRC to a new level. It will also take some time to achieve results.

Last month, I asked you to look around your building and find a frame with the LRC Mission and Vision statement in it. If you read it, you will probably ask yourself where that came from. These statements do not reflect who we are as an organization today and do not inspire us to be something better. We need to update these statements to reflect where we want to go as an organization, who we want to be and what we want to do. We also need to develop Principles of Care that support our Vision. A couple of years ago we developed Operating Principles for how we wanted to act as employees. We need a set of principles, based upon new Mission and Vision statements to define what kind of care we want to provide. To develop a new Mission and Vision Statement and Principles of Care will be an organization wide effort and it will involve all of us. It will take time to accomplish. The Principles of Care must be measureable and, over time, will provide us with our offensive statistics about how successful we are at improving patient care.

Recently we sent everyone an email with a proposed Mission statement and three suggestions for Vision statements. The proposed Mission statement reads "The Lincoln Regional

Center helps people manage their mental illness through patient centered care." Your feedback so far indicates that some of you can relate to this but others are not that excited about it. We'll keep working on this.

The three suggested Vision statements are:

- Helping people rebuild their lives
- Helping people reach their potential
- Helping you reclaim your life

We've asked you to vote on these. While we are still tabulating the results, again, the initial feedback is not as strong as we need so we'll keep working on this too.

We've also developed draft Principles of Care:

**Person-centered Care** - The patient and treatment team create a plan of care that addresses each person's needs, strengths, and goals. The plan of care is sensitive to each person's experiences, traumas, and cultural background.

**Empowerment** - Individuals are supported in making choices and encouraged to speak for themselves.

**Holistic** - We value wellness for each person that includes the mind, body, spirit, and relationships.

**Non-linear** - Recovery is based on continual growth, occasional setbacks, and learning from experience.

**Hope** - Hope's message is that individuals can live, work, learn, and fully participate in a better future.

**Responsibility** - Patients are personally responsible for the decisions they make to live a healthy, safe, and productive life. This includes making choices to actively engage in treatment and recovery.

**Education/Knowledge** - It is important that the patient and caregiver learn as much as possible about illnesses, best treatment practices, and available resources to make informed treatment choices. (continued on next page)

## CEO Corner (continued).....by Bill Gibson

These principles are also some of the Principles of Care espoused by the National Association of State Mental Health Program Directors (NASMHPD).

Once we hammer out the Mission and Vision Statements and the Principle of Care, we'll look to develop strategies to optimize the care we provide. This will include taking a close look at our programming, policies and practices to maximize the patient experience. That will involve an analysis of who does what when. That will help us plan our manpower requirements by discipline which amounts to 85% of our budget.

I encourage all of you to get involved in this process. We intend to take the rest of this year and longer if necessary to hammer this out. I intend for this to be as democratic a process as possible. The one thing we cannot do is stand still. We need to continue to advance in the area of active treatment which will allow us to continue to improve on the quality of care we deliver and the safety of our environment. In addition, the Joint Commission will be returning sometime in the next year. We can use their expertise to measure our progress and maybe even be recognized as one of their premier mental health facilities.

Finally, the first group of Team Leaders has been on board for about two months now. We are getting ready to hire the second group of ten which will bring our total number of Team Leaders to eighteen. We will continue to develop their role in the organization. As I told you last month, I believe that these positions are vital to taking the quality of care provided at LRC to the next level. We'll check back in on them around Labor Day. For the next several months, we'll focus on our Mission, Vision and Principles of Care. Get involved and give us your input.



## From the Director.....by Director Scot Adams



I'd like to thank everyone who participated in the Five-Star Metric Employee Satisfaction survey last December.

Preliminary reviews of the survey showed that:

- ◆ You care about your co-workers
- ◆ You believe the work you do makes a difference.
- ◆ Communication isn't as good as it could be.
- ◆ Genuine feedback and thanks for a job well done aren't happening as frequently as you would like.

Many of you also said you hoped this survey wouldn't be "put on a shelf" and forgotten. CEO Kerry Winterer is listening to what employees said, particularly about increasing communications to employees.

One of the most visible responses to the survey is the newly-revitalized Employee Homepage website at <http://www2.dhhs.ne.gov/> Take a minute to check it out. Post something on the employee bulletin board, look at the videos and pictures that are "In the Box," and check out the "Neat to Know" section.

Another direct result of the survey is the comprehensive look that Bill Gibson and his leadership team are taking regarding Regional Center employees' responses. Bill will be sharing information with you on that over the next few months.

I'll be doing some additional employee surveys this summer using Survey Monkey, a free online survey software & questionnaire tool. Please take the time to respond if you get a survey. I'll read your comments and use them to find better ways to communicate with you.



**SurveyMonkey**



## Sam Smith Receives the LRC Nurse of the Year Award.....by Debbie Roberts



### LRC Nurses Week

Please offer Congratulations to Sam Smith, RN – this years “LRC Nurse of the Year.” Sam is a 3-11 RN working mainly in B14. Sam was awarded this honor at our annual Nurses Week celebration held during a grounds-wide nurses meeting. Nurses were nominated for this award by their peers for their compassionate nursing care. Sam’s peers nomi-

nated him for being “one of the best nurses at LRC. He is eager to learn and has a positive attitude, always puts the patient first going above and beyond at getting his work done. Sam is always there to lend a helping hand or ear when needed, with a smile.” This is a new tradition we hope to continue for many years.



## LRC Nurses Celebrate Nurses’ Week on May 12



***THANK YOU,  
LRC  
NURSES!!***





## Arbor Day Celebration Held on April 29, 2010.....By Linda Jiskra

The 33rd Annual Arbor Day Celebration was held on Thursday, April 29, 2010. Special Guest speaker from KZUM, Sheila Stratton, KZUM Volunteer from The Joy Factor show, attended the celebration to read Dr. Seuss' book, "The Lorax." Her reading of this classic children's book with a message for all of us was a fitting tribute to anyone who loves trees, and a fitting tribute to our very own LRC Arboretum.

The following three memorial trees were planted this year:

- ♦ A Valley Forge Elm tree in memory of Steve Hincker, SSII.
- ♦ A Balsam Fir in memory of Sue McCulloch, PTII.
- ♦ A Shumard Oak in memory of Mark Quinlan, Stationary Engineer.

Two additional trees were planted for Arbor Day. A Bur Oak tree was planted in honor of Jim Locklear, long time Director of the Nebraska Statewide Arboretum, and a long time supporter of the LRC Arboretum. A Northern Hills Oak was planted in honor of long time employee who retired in 2006, Rose Hanzliceck, CTRS, in appreciation of her dedication to LRC and her support of the Arboretum. Rose continues to support LRC through her participation on the Woods Award Committee and by attending each annual Arbor Day celebration!

**Here are some photos of the beautiful April day!**

**See next page to read the 1st, 2nd and 3rd Place Winning Arbor Day Poems**



*Steve Hincker's family planting the Valley Forge Elm Tree*



*Sue McCulloch's family planting the Balsam Fir.*



*Rose Hanzliceck and Dave planting  
Rose's Northern Hills Oak*



*LRC curator, Dave Nicklas, planting the Shumard Oak in memory of Mark Quinlan.*

## Arbor Day Poetry Contest Winners.....By LRC Patients



### **First Place: Rays**

By M.S.

*The sun slowly rises and spills its gentle rays.*

*Runs and pushes away the fog and haze.*

*The stars close their eyes to sleep.*

*The dew sparkles on the grass like they weep.*

*A bird wakes up and chirps in a tree.*

*The wind blows quietly soft and free*

*The animals stretch and begin to wake,*

*And the fish jump in the pond and lake.*

*When the sun rises, the trees squirm with excitement.*

*I step out in this peaceful scene and sign with enlightenment.*



### **Third Place: Serenity**

By E.R.

*In a world of turmoil*

*As the thunder and lightning strike*

*I close my eyes to get away*

*To a world so calm*

*Where the birds add harmony*

*To the babbling brook's melody*

*Where the wind runs its fingers*

*Through my hair.*

*As the sun's rays kiss my*

*cheeks, broken only by a*

*distant cloud.*

*Then the gentle breeze is gone*

*With the next big clap*

*Bringing me back from my*

*Serenity.*



### **Second Place: Seed and Sapling**

by R.A.B.

*From seed and sapling the garden of trees surrounds this  
hospital home.*

*Whereas I am here such a brief.....*

*While the garden remains through times long ago....*

*Beyond knowing the seasons ahead.*

*Winds and weathering carrying and passing the sweetness of  
perfumes*

*And the dustiness of dreams.....*

*An open door leading toward companionship.*

*From a certain loneliness that seemed to have no cure.*

*These grounds are such a place where identities are welcomed*

*And personalities are made known.*

*Where lives are revealed and decisions liberate souls.*

*Whether branches spread wide to touch the rainbow...*

*Or roots tunnel deep to reach the towering state capitol.*

*The Spring has arrived.*

*Sown to the ground, thicker than pride.*

*May this garden of trees represent freedom to live...*

*Not just a reminder of what might have been.*

*Arbor Day at the Lincoln Regional Center in the year*

*Two Thousand Ten.*

**MANY THANKS TO ALL OF THE LRC  
PATIENTS WHO PARTICIPATED IN THE  
2010 ARBOR DAY ART AND POETRY  
CONTEST**





Nice form, Mr. Gibson!



Winning Team



Craig winning Pin prize



Joan DeVries and Vicky Buchholz



Jay and Josh



Jay, Josh, John, and Quintin

Another sunny day for the Arbor Day Golf Tournament. This marks the second consecutive year for a beautiful golf day on Arbor Day! The first tee-off time starting at 9:30. Special thanks to all who participated in the LRC Elective Activity.

## *Winning results as follows:*

- ♦ Winning team consisted of Mike Roberts, Bill Gibson, Marc Ostrander, and Don Holmquist.

## *Pin prizes winners included:*

- ♦ Closest to Pin, any shot off green = Stan Wiegert
- ♦ Closest to Pin with Tee shot = Marc Ostrander
- ♦ Longest Putt made = Craig Cooper



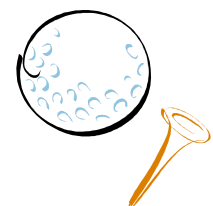
Joan Devries



Teeing off



Jim and Teresa Hansen



## Wellness Committee: May Strut Your Stuff Awards.....by Anne Regelean



*Lori, Jennie and Angela: "Team Retro Sisters' Diet"*



Your LRC Wellness Committee is awarding a "Strut Your Wellness Stuff" winner each month. This is a staff member, nominated by his/her peers, who has improved their overall Wellness. Examples...stopped smoking, losing weight, started a workout, practicing a stress reduction activity...and many, many more.

The "Strut Your Wellness Stuff" winners for May are two teams that participated in the Live Healthy Nebraska challenge. The LRC Wellness Committee would like to recognize Lori Ditson, Angela Robinson and Jennie Schmidt of "Team Retro Sisters' Diet" and John Andreini, Brian Olmer, Nina Anderson-Trumble, Emily Rokusek, and Anne Regelean of "Team LRC Wellness." Each team logged their total minutes of activity throughout the 100 Day Challenge. The teams from LRC were part of the State of Nebraska group that recorded a total of 192,865 activity hours and lost a total of 17,498 pounds! Congrats to these LRC employees for increasing their activity levels and continuing to make healthy living choices!



*Emily, Brian, John, Anne, and Nina: "Team LRC Wellness"*

It's time for the next LRC Blood Drive!  
Support the Nebraska Community Blood Bank

**Sign up Now!!**

Wednesday, June 16<sup>th</sup>, 2010

12:00 – 2:00pm

Contact Anne Regelean to reserve your spot today!!

[Anne.regelean@nebraska.gov](mailto:Anne.regelean@nebraska.gov) Phone: 479-5445





## LRC Walking Program.....by Nina Trumble

Do you take walks on campus during your breaks? Why not join the Walk for Wellness Walking Program located on the LRC campus! Get a group together and become each other's motivation. You can also count any healthy exercise activity that you participate in in your home or community. When you sign up, you will receive a log book, an LRC map, and information on walking/staying active. The first 30 people to sign up will receive a free LRC pedometer. Once you have reached the goals outlined in the log book, you will be recognized for your hard work in the LRC newsletter! To sign, up contact Nina Trumble at 5279 or [Antonia.andersontrumble@nebraska.gov](mailto:Antonia.andersontrumble@nebraska.gov).

Julie Valencia	50 miles
Amber Stanard	100 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Susie Brown	225 miles
Barb Rebentisch	250 miles
Lori Wieneke	263 miles
Kevin Crable	325 miles
Emily Rokusek	575 miles
Crystal Buhrmann	1025 miles



So clip on your pedometer and report your "mileage" to Nina Anderson or Courtney Hall. Get your feet movin' and get your name on the milestone achievement board! Good luck catching up with these folks!



**The LRC Wellness Committee is excited to bring to all LRC employees the Farmer's Market. The Market will be open Thursdays until Mid October from 11:00 a.m. to 3:30 p.m. in the Building #3 Green Space. Please come by and support our local producers! Building 3 Green Space**



## LRC FARMERS MARKET



Larry Kallemeyn from Porter Ridge Farms in Ceresco will be providing fresh veggies, fresh fruit, and flowers.

Selections will vary throughout the season.

Mary Helen Peters will be providing homemade pesto, baked goods and flowers (as available).



## Diversity Committee Celebrates Cinco de Mayo with LRC....by Phil Jefferson



On Wednesday May 5<sup>th</sup> the Lincoln Regional Center celebrated Cinco de Mayo for the seventh time. It was a great occasion for the 123 people who were in attendance. Mother Nature cooperated, providing us with a lovely day. For the second year in a row the celebration was held in the festively decorated Building 10 Patio. The menu included "fixings" for burritos and tacos, along with rice and an incredible selection of mouth watering desserts which were brought by employees from every part of campus (yum – yummy good). Jeff McCain, Ed Hanlon, Robin Wathen, Terry Harmon, Deb McTee, Audrey Kelly, Larry Birkett, Sheryl Oberheu, and Amanda Vinson all won plants! Jana Stoner, Vicki Johnke, and Mark Vaske won candy, and Emily Rokusek, Gayle Resh, and Carol McDowell were Jeopardy game winners.

Our thanks goes to the Diversity Committee for sponsoring this event, and to all the wonderful people who gave of their time, talents and efforts to create such an inviting atmosphere. Also thanks to you who attended and made this such a special celebration. We hope to see you and many others next year.





## More Cinco De Mayo Photos



Off the Record.....by Audrey Kelly



Congratulations to Justin Major, proud new father of Tada J. Donato. Tada was born on May 4 and weighed 7 lb. 9 oz.!

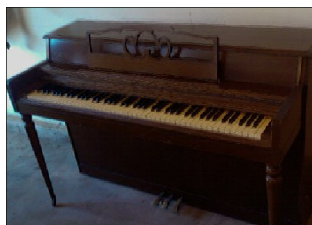
If you have happy news you'd like to share, give Audrey a call at 5207!!



LRC Want Ads.....by Jane Ahl

### **FOR SALE:**

Wurlitzer piano and bench for \$250. Contact Darrell Gressley.



## Check Out These New Books.....by Tom Schmitz

- |                                                                                 |                                                                                       |                                                                                              |
|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 1. <b>You Can Heal Your Life</b> by Louise L. Hay                               | 5. <b>Healthy Diabetes Recipes and More</b> by Nebraska DHHS Diabetes Control Program | MLB Insiders' Club                                                                           |
| 2. <b>Growing Up Asian American</b> by Maria Hong                               | 6. <b>Field Guide to Trees of North America</b> by National Wildlife Foundation       | 9. <b>Small Wars</b> by Sadie Jones                                                          |
| 3. <b>Meditations</b> by Thomas Moore                                           | 7. <b>Eye of the Wolf</b> by Margaret Coel                                            | 10. <b>The Hour I First Believed</b> by Wally Lamb                                           |
| 4. <b>The Hairstons: An American Family in Black and White</b> by Henry Wiencek | 8. <b>Baseball's Greatest MVPs</b> by                                                 | <i>The Resource Center is open Monday through Friday, 8:00 to Noon, and 1:00 to 5:00 pm.</i> |

## Around the Web.....by Tom Schmitz



The "Memorial" in Memorial Day has changed for too many of us who are beneficiaries of those who have given the ultimate sacrifice. As a veteran myself I believe we should observe the day as it should be, a day where we actively remember our ancestors, our family members, our loved ones, our neighbors, and our friends who have given the ultimate sacrifice:

- by visiting cemeteries and placing flags or flowers on the graves of our fallen heroes and by visiting memorials.
- by flying the U.S. Flag at half-staff until noon.
- by participating in a "[National Moment of Remembrance](#)" at 3 p.m. to pause and think upon the true meaning of the day, and for [Taps](#) to be played.
- by renewing a pledge to aid the widows, widowers, and orphans of our fallen dead, and to aid the disabled veterans by gathering with family and friends to celebrate our heroes.

### Here are a couple of great informational websites for this day:

[Memorial Day - Dept of Veterans Affairs](#) "The Office of Public Affairs provides this page of items of special interest to veterans and customers." [[www1.va.gov/opa/speceven/memday/index.asp](http://www1.va.gov/opa/speceven/memday/index.asp)]

[How to have a green Memorial Day Weekend | Yahoo! Green](#)

You can have a green *Memorial Day* weekend by using some earth-friendly practices. [green.yahoo.com/.../how-to-have-a-green-memorial-day-weekend.html](http://green.yahoo.com/.../how-to-have-a-green-memorial-day-weekend.html) -

### "[Soldier's Memorial Day](#),"

words by Mary B. C. Slade and music by W. O. Perkins, 1870.



*When flow'ry Summer is at hand,  
And Spring has gemm'd the earth with bloom,  
We hither bring, with loving hand,  
Bright flow'rs to deck our soldier's tomb.*

*Gentle birds above are sweetly singing  
O'er the graves of heroes brave and true;  
While the sweetest flow'rs we are bringing,  
Wreath'd in garlands of red, white and blue.*

*With snowy hawthorn, clusters white,  
Fair violets of heav'nly blue,  
And early roses, fresh and bright,  
We wreathe the red, and white, and blue.*





# WELCOME To LRC.....by Susie Brown

## Please join us in welcoming these new employees to LRC:

- ◆ Chelsey Gallagher, Security Specialist II, Building #10
  - ◆ Ashley Welty, Security Specialist II, Building #5
  - ◆ Tiffany Copple, Security Specialist II, On-Call
    - ◆ James Bayless, Nurse II, Building #5
  - ◆ Anissa Johnson, Security Specialist II, Building #5
- ◆ Megan Bang, Nurse II, Building #14
- ◆ Lisa McCollom, Security Specialist II, On-Call
- ◆ Jesus Casados, Groundskeeper (temporary)
- ◆ Reginald Bradshaw, Security Specialist II, On-Call
- ◆ Linda Murphy, Security Specialist II, Building #14
  - ◆ Karian Reinke, Nurse II, Building #10
  - ◆ Keith McGuffey, PTII, Whitehall

## More Policies for Your Perusal.....by Linda Jiskra



The LRC Policy Committee continues its studious monthly review of LRC policies to determine which need to be updated and revised, or deleted. Here is a list of policies revised in April:

- EC-Safety-01 (LRC): Incidents/Accidents
- IM-28 (LRC) Documentation Guidelines
- LD-06 (LRC) Tarasoff
- MM-02 (LRC) Medications Brought in by Patients Upon Admission
- PC-04 (LRC) Assault Precautions
- PC-25 (LRC) Laboratory and Pathology Services
- PC-32 (Bldg 5) Supervision of Patients during Medical Clinic
- R1-12 (LRC) Patient Grievances

A new process of reviewing updated policies has been implemented. Each month, Vickey Bulin will send a campus-wide email with attached policies that show what revisions have been made. Once you have read the policies, you will need to click on the tab that says, "approve." This is how we will track who has completed policy trainings. It's simple and will save paper!!

## LRC Reality Check Trivial Pursuit.....by Jane Ahl

- 1) Who is the mother of Bart, Lisa, and Maggie? a) Marilyn, b) Myla, c) Marge, d) Mandy.
- 2) Debbie Reynolds' daughter was a rebel. Who is she? a) Jacqueline Bassett, b) Kristen Stewart, c) Winona Rider, d) Carrie Fisher.
- 3) What was the maiden name of Abraham Lincoln's mother, Nancy? a) Hanks, b) Hughes, c) Jones, d) Major.
- 4) Who was born Agnese Gonxhe Bojaxhiu? a) Madonna, b) Cher, c) Mother Teresa, d) Abigail Tyler
- 5) Which world famous musical artist's mother was born as Kattie B. Screws in Barbour County, Alabama? a) Michael Jackson, b) Elvis Presley, c) Sting, d) Mick Jagger.
- 6) Helen Cecilia is the mother of which superstar who recently lost a son? a) Matt Damon, b) Mark Walberg, c) John Travolta, d) Brad Pitt
- 7) Helga D. Meyer, a German opera singer, bore which famous actress? a) Julia Roberts, b) Sandra Bullock, c) Charlize Theron, d) Vanessa Redgrave.
- 8) Obadian "Obie" Scott (1899-1998) lived in Marion, Alabama and bore a daughter who became the wife of culture changing politician: a) Coretta Scott King, wife of Martin Luther King, Jr., b) Kathleen Kennedy Townsend, c) Jacquelyn Kennedy Onassis, d) Ann Romney
- 9) Adelaide Gail Sloatman is the mother of Dweezil, Ahmet and Diva.
- 10) Leticia Cyrus is which person's mother? a) Mary, b) Mandy, c) Miley, d) Melissa

She is also the mother of: a) Faith Hill, b) Jewel, c) Moon Zappa, d) Cheryl Wright



## A&W Boston Baked Beans

1/2 cup A&W Root Beer  
 1 cup chopped onion  
 minced  
 2 cans (1 lb, 5 ounce size) pinto beans, drained  
 1/3 cup brown sugar  
 2 teaspoons chili powder  
 1/8 teaspoon ground cloves

4 bacon strips  
 2 cloves garlic,  
 1 cup ketchup  
 2 tablespoons apple cider vinegar  
 1/8 tsp. ground cloves



Preheat oven to 350F.

Cook bacon strips in a small frying pan until crisp; cool and crumble. Reserve 1 tablespoon bacon drippings.

Saute onion and garlic in the reserved drippings over medium heat for 10 minutes or until translucent.

Place bacon, chopped onion, garlic and remaining ingredients in a 2-quart casserole dish; stir until well blended.

## Strawberry Spinach Salad

Orange Honey Dressing (see below)

12 cups bite-size spinach leaves  
 1 pint strawberries, sliced  
 2/3 cup sliced green onions  
 2 cans (11 oz each) mandarin orange segments, drained  
 1/4 cup pine nuts



1. Prepare Orange Honey Dressing.
2. Toss dressing and remaining ingredients except pine nuts. Sprinkle with pine nuts.

Orange Honey Dressing: 1/4 cup orange juice, 1/4 cup honey, 2 Tbsp. vegetable oil, 2 tsp. Dijon mustard. Shake all ingredients in tightly covered container.

## Foiled Herbed Vegetables

2 foot strip heavy-duty aluminum foil  
 3 C. broccoli florets or entire head  
 2 medium zucchini and/or yellow summer squash  
 1 teaspoon garlic salt  
 2 Tbsp. butter

1 small onion, sliced thinly  
 2 medium carrots, sliced thinly  
 1 tsp. dried basil  
 2 ice cubes  
 1 Tbsp. olive oil



Center vegetables on foil. Sprinkle with seasonings. Top with ice cubes, margarine and olive oil. Bring up foil sides. Double-fold top and ends to seal, making one large foil packet, leaving room for heat circulation inside. Grill over medium-high coals 15-20 minutes in covered grill. Makes 4-6 servings.



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# DHHS- STATE OF NEBRASKA

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Reality Check Mission Statement:

Publish an employee-generated newsletter that is interesting,  
entertaining, and promotes open communication at LRC.

*It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter. Special thanks to this month's contributors go to: Director Scot Adams, Anne Regelean, Phil Jefferson, Nina Trumble, Diana Walker, Courtney Hall, Emily Rokusek, Jennie Schmidt, Angela Robinson, Lori Ditson. Very special thanks to all of the LRC Patients who submitted poetry for the Arbor Day celebration!!!*



## April Reality Check Trivial Pursuit Answers.....by Jane Ahl

1. The best time to plant tomatoes is *two weeks before the last frost*.
2. The three main ingredients in fertilizer are *nitrogen, phosphorus, and potassium*.
3. A *petunia* is not a perennial.
4. *Plastic bags* do not break down into organic material and are not helpful to put in your soil.
5. According to the Farmer's Almanac, you should *do no planting* on May 1-3, 2010.
6. Crocus bloom in *March*.
7. A paver is a *stepping stone*.
8. Carrots require *mostly sun* to grow.
9. It is important to have earthworms in your soil for *aeration and drainage, because the earthworm ingests soil particles and then digests it in the intestine and deposits minerals and plant nutrients in the soil, and they convert large pieces of organic matter (i.e., dead leaves) into rich humus improving soil fertility*.
10. A trowel is a *small scoop-shaped metal tool*.

